



Employee Assistance Program

*Confidential Screenings & Referral Services for
Civilian Employees, Family Members, and Retirees*

What is an Employee Assistance Program?

An Employee Assistance Program (EAP) is a *confidential* service designed to help employees and their families with personal or work related problems. EAP provides screening, short-term counseling, referral if necessary and follow-up.

Sometimes life's problems are too big or complex for you or your family to handle alone. If you have a personal or work related problem of any kind, EAP is a *no cost confidential, problem-solving resource* provided to help in areas such as:

- Stress Management
- Emotional Issues
- Depression and Anxiety
- Alcohol or Drug Use
- Workplace Conflicts
- Career Concerns/Job Stress
- Family Problems
- Marriage/Relationship Issues
- Grief or Loss Issues
- Budgeting and Financial Matters
- Anything stressfully impacting your life
- **No problem is too big or too small.**



Is the EAP confidential?

Your contact with the EAP is *strictly confidential*. The EAP will not release information to your supervisor or family without your written permission. The only exceptions, as required by law, are cases where clients express the intention of harming themselves or others, or the mandated reporting of child and elder abuse.



**Before You Get To
The End of Your Rope,
Call Us!**

Who is eligible?

Dependants of Active Duty Service Members, Retirees and DA Civilians.

Who does the counseling?

Your EAP coordinator is a professional with a wide range of expertise.

Will my job be affected?

Your job security or your chances for promotion will not be hurt by your use of the EAP. The program is provided to help employees through stressful periods in their lives.

Remember the EAP is *confidential* so nobody knows, unless *you* decide to tell them. Actively addressing problems in your personal and professional life can actually improve your job performance and your chances for promotion.



What will It Cost Me?

Nothing! The EAP is provided by your employer. There is no cost for services provided on the installation. Screenings, short-term counseling, education, referrals and follow-up are all *free* to you and your family.

How do I get started?

Using the EAP is easy. Just give us a call. The trained staff will clarify your needs and suggest a possible plan of action. This is usually a face-to-face visit with the EAP counselor, it could also be a referral to a community resource or educational material depending on what you feel would be most helpful. Fort Benning EAP is always ready to help you and your family.

What happens when I call?

The EAP professional will ask you a few questions to help you identify the best resource to assist you with your personal situation. If you need financial or legal services, you will be referred to an expert in the appropriate field. If you want to see a counselor, the specialist will match you with a counselor or mental health therapist who is experienced in helping people with problems similar to yours.

We will make every effort to satisfy your unique requirements, such as gender preference or language needs. The EAP professional will give you all the information you need to schedule a convenient appointment with your counselor or therapist.

We care. We listen. We help.

For more information about EAP, please contact:
Ron W. Ashley, 706-545-5137.
Our office is located at 7061 Lincoln Ave,
Building 972, Fort Benning, Ga.
Other sources: include www.militaryonesource.com
and www.MilitaryMentalHealth.org.

